U.S. HOUSE PASSES MASSIVE STIMULUS, PG 8

Celebrity Buzz

Distance, time blamed for Harry's breakup

pg 22

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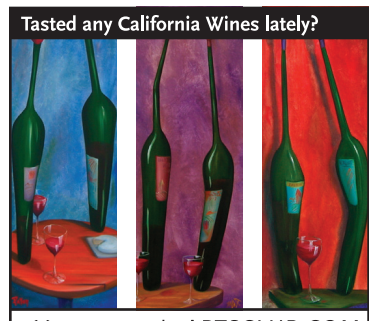
metro

VANCOUVER • THURSDAY, JANUARY 29, 2009 metronews.ca

Tasted any California Wines lately?



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See website for info and locations

Obama to visit Canada on Feb. 19

OTTAWA Fresh off the pomp and ceremony of his inauguration, U.S. President Barack Obama's Feb. 19 visit to Canada promises to be a more low-key affair.

Canadians are trying to keep the focus for Obama's meeting with Prime Minister Stephen Harper on work, not ceremony.

While the visit was previously announced, the date was confirmed yesterday. It will be Obama's first trip abroad as president.

Obama's office provided few details but said the focus will likely be the economy.

TORSTAR NEWS SERVICE

Make some noise for Games: VANOC

COUNTDOWN VANOC is inviting communities across Canada to celebrate the one-year countdown to the 2010 Olympics by making as much noise as possible at 6 p.m. in each time zone in a cross-country sound wave on Feb. 12.

Organizers suggest people honk car horns, sound foghorns, ring bells, pound drums or simply shout.

"These are Canada's Games and we invite the whole country to join in the fun," said CEO John Furlong. METRO VANCOUVER

Food pg 15

Relax while cooking chili

Tories 'on probation'

Coalition collapses as Liberal leader gives support to Conservative budget

Canada 2009
Federal Budget

The Conservative government has accepted a Liberal change to the federal budget that requires periodic parliamentary reports on how its $40-billion economic rescue package is being spent — a move that guarantees the budget's passage and the government's probable survival well into 2010.

With the Liberals' support of the Conservative budget, the would-be coalition with the New Democrats, backed by the Bloc Québécois, collapsed.

It was the latest twist in a political drama that erupted in November and led to the near-defeat of Prime Minister Stephen Harper's minority government.

The Conservatives earned a new lease on government — but only to implement a massive pro-growth spending plan dictated in part by their opposition adversaries and leaving the government with a $64-billion deficit within two years.

The Liberal amendment calls for reports that would require three more mini-fiscal updates. The Conservative government quickly accepted the change, which means the budget could pass as early as Monday.

"We are putting this government on probation," Liberal Leader Michael Ignatieff declared yesterday. "We will be watching like hawks to make sure that the investments Canadians need actually reach them."

The motion will require these report cards at the end of March, in June and again in December. Ignatieff said that if the reports reveal that the government is not delivering on its budget pledges, the Liberals will withdraw their support for the Tories in Parliament.

"There remains a problem of trust, there remains a sense that they announce and don't deliver, a sense that they promise and don't get the money out the door," said Ignatieff, adding Harper should "proceed with extreme caution."

Harper did not formally speak on the amendment, but senior government ministers cast the amendment as recognition of what the government already does — account to Canadians for how it spends their money.

Meanwhile, NDP Leader Jack Layton and BQ Leader Gilles Duceppe said the Liberals will wear the Conservatives' budget.

"The coalition is dead, very clearly," said Duceppe.

Layton lashed out at Ignatieff, accusing him of forming a new coalition with the Harper government.

TORSTAR NEWS SERVICE

CHRIS WATTIE/REUTERS

Liberal Leader Michael Ignatieff speaks in Ottawa yesterday. Ignatieff said the Liberals will support the budget, ensuring the survival of Harper's minority government. More, pgs 4, 6, 10 & 12

Conditions

- The Liberals want Tories to "provide on-going economic and fiscal updates; detail the actual implementation of the budget; and itemize the actual effects of the budget."
- The tests for approval: Protection of most vulnerable, minimizing of existing job losses, creation of employment opportunities of tomorrow, provision of economic stimulus in a manner fair to all regions, and assurance the deficit is not a burden to future generations or a detriment to economic recovery.
- The Conservatives must also provide details on adjustments or new measures.

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What's happening in BC hospitals as government cuts corners?

The BC government has hired private contractors to clean our hospitals and provide food to patients. But these contractors pay low wages, creating huge staff shortages and constant turnover.

Cleaning and food services workers aren't getting the training they need. And they don't have enough supplies and equipment to keep our hospitals clean and safe.

We need government to ensure that contractors pay a living wage and provide workers with more training and supplies – for cleaner, safer hospitals.

THE TRUTH IS:

The BC government created a crisis in our hospitals. Now they need to fix it.

HOSPITAL EMPLOYEES UNION CUPE

BCLivingWage.org

Infected poultry put down as farm quarantine continues
All 60,000 birds that might have been infected with Avian Flu have been put down in Abbotsford and are being composted. Twenty-six poultry farms around the infected E & H Farm have been cordoned off and are under quarantine. METRO VANCOUVER

Local

Google Earth to Vancouver, come in

Vancouver is the latest city to go 3-D on Google Earth, left. More than 1,400 downtown buildings are featured in three dimensions as Vancouver joins other world-class cities such as Tokyo, Zurich, Boston and San Francisco to be highlighted this way. To view it, download Google Earth at google.com/earth. METRO VANCOUVER

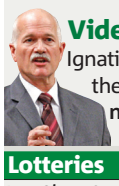
News in brief

SHOOTING Surrey's second shooting in 24 hours has sent one man to hospital. A masked man allegedly approached a car and started shooting at its occupants. The passenger was hit in the side. Police said the shooting appears to be targeted.

ASSAULT Police are investigating an early morning break-and-enter and sexual assault in Coquitlam. The 23-year-old victim told police she was attacked by a man in his early- to mid-20s early Tuesday morning.

MISSING The parents of a foreign exchange student who went missing in Surrey two months ago have arrived in Vancouver from India to meet with police. METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY



Video Layton blasts Ignatieff for supporting the budget at **metro news.ca/canada**

Lotteries

Lotto 6/49:	1, 6, 20, 22, 24 & 46 Bonus 36
BC 49	24, 33, 36, 38, 42 & 47 Bonus 01
Extra	04, 06, 42, 82

These results are not official.

Chef makes culinary top 10

KRISTEN THOMPSON
kristen.thompson@metronews.ca

It was a ninth-place finish for Vancouver chef David Wong at the prestigious Bocuse d'Or cooking competition in France yesterday.

The Art Institute of Vancouver instructor, who spent two years preparing for the biennial culinary contest, competed against 23 other top chefs from around the globe for the title of world's best chef.

David Wong

His assistant Grace Pineda, 22, also from Vancouver, won the award for best commis.

Wong was chosen to represent Canada in a qualifying competition in 2007.

His team performed about 50 complete runthroughs, each lasting five hours, in preparation for the intense two-day contest.

The 24 competitors had to prepare dishes that featured Norwegian cod, scallops and wild prawns, and Aberdeen Angus beef.

SUBMITTED

French chef Paul Bocuse, centre, and New York-based chef Daniel Boulud (co-owner of Vancouver's DB Bistro), left, judge some of the meals at the prestigious Bocuse d'Or culinary competition in France yesterday.

Best finish

- Canada's best finish at a Bocuse d'Or competition was in 1999, when the team took home fourth place.

Team Norway took home gold and $32,000, followed by the teams from Sweden and France.

Charges laid against two metro officers

ASSAULT Two off-duty metro Vancouver police officers have now officially been charged in connection with an assault on a newspaper deliveryman.

New Westminster police Const. Jeffrey Roger Klassen has been charged with assault, while West Vancouver police Const. Griffin Gillan faces robbery charges.

Police also recommended a charge of possession of stolen property against Klassen, but it was not approved by the Crown, Vancouver police Const. Tim Fanning said yesterday.

A third officer from Delta who was implicated in the assault was not indicted.

The men have been accused of robbing and assaulting Firoz Khan outside the Hyatt Regency in Vancouver on Jan. 21. Khan alleges one of the men also shouted racial slurs at him.

Klassen and Gillan are due to appear in court in Vancouver on Feb. 9.

KRISTEN THOMPSON /METRO VANCOUVER

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Twilight casting call?

An ad recently posted on Craigslist for an open casting call in Vancouver is widely speculated to be for New Moon, the second instalment of the tween vampire series Twilight. The posting invites young First Nation actors to attend Second Avenue Studios on Feb. 8, and states the "major motion picture" will begin filming in March. METRO VANCOUVER

Metro's top 5 budget wishes

Metro Vancouver unveiled yesterday a list of the Top Five projects that could be built faster if infrastructure funds announced in the federal budget are quickly released.

Lois Jackson, Metro Vancouver chair, said the projects are "shovel ready."

"A lot of big pipes, buildings and other works need to be replaced and upgraded as our infrastructure ages and the population grows," Jackson said.

"Now is the time to invest in infrastructure and create jobs."

METRO VANCOUVER

Canada 2009 Federal **Budget**

Metro Vancouver's Top 5 projects are:

1. A regional food and yard waste composting facility
Cost: $20 million
2. Upgrades for social housing
Cost: $20 million
3. Upgrades and improvements at Annacis Island Wastewater Treatmeet Plant
Cost: $31 million
4. Ultraviolet disinfection for drinking water from the Coquitlam Reservoir
Cost: $110 million
5. New air emission controls at the region's Waste to Energy Facility in Burnaby
Cost: $40 million

Budget brief

- The federal budget, unveiled Tuesday, pledged $20 billion in tax relief over five years and $12 million in investments in new and existing infrastructure.

Flu outbreak? No worries: Official

TARYN MCELHERAN
for Metro Vancouver

ILLNESS A health official said yesterday there is no cause for concern after 150 students in North Vancouver all caught the flu at the same time.

The students from Carson Graham Secondary School had coughing and fever-like symptoms, which caused some of them to miss as much as one week of classes.

Anna-Marie D'Angelo, senior public relations officer for Vancouver Coastal Health, said officials look into cases where student absences reaches more than 10 per cent of the population.

"It's keeping within the season for these kinds of things. It's certainly something that is going on around within the broader community right now," she said.

The school is increasing its housekeeping to disinfect surfaces, specially in common areas.

JEFF HODSON/METRO VANCOUVER

Transportation Minister Kevin Falcon outside Canada Place in Vancouver yesterday.

B.C. chips in for bridge

JEFF HODSON
Metro Vancouver

INFRASTRUCTURE The province will provide one-third of the funding to twin the Port Mann Bridge and expand Highway 1, B.C.'s Transportation Minister said yesterday.

Kevin Falcon announced the agreement-in-principle yesterday that could see construction ramp up in the coming weeks.

"On this project initially we (the province) were looking at having absolutely no involvement whatsoever," Falcon said. "But given the state of the capital markets it made sense for us to come to the table."

The financing, Falcon said, will be on a commercial basis, with the same terms and conditions as the banks that will fund the remaining two-thirds.

Falcon would not say what the final cost of the project would be, other than to say it is "consistent" with past estimates.

The twinning, part of the $3-billion Gateway project, has been estimated between $1.5 billion and more than $2 billion. Details of the agreement will be released with its financial close in March.

By the numbers

- The twinning will create 8,000 construction jobs and should be completed by 2013.
- The costs of building the bridge will be recovered through a $3 electronic toll.

Richmond cuts Olympic contribution

VANCOUVER 2010 **Games**

The City of Richmond has reduced its financial contribution to the legacy and celebration programs for the 2010 Games in light of the global economic crisis.

Council reduced the city's contribution by almost 40 per cent, to $6.3 million from the $10 million originally proposed for its 2010 strategic plan.

The biggest change was to move the O Zone, Richmond's official 2010 Games celebration site, to the heart of the city.

Mayor Malcolm Brodie said despite the cuts, Richmond will maintain "the overall integrity of our original program plans."

METRO VANCOUVER

Lawsuit filed over private surgeries

LEGAL Several private medical clinics in B.C. have launched a lawsuit against provincial regulations restricting the public's access to optional medical procedures that patients pay for themselves.

Brian Day, who runs Cambie Surgery Centre, said British Columbians deserve the same rights as Quebecers, who can expedite medical procedures if they pay for them out of their own pockets.

Day, the former president of the Canadian Medical Association, said too many British Columbians are stuck on long wait lists for medical procedures, and this could alleviate the situation. METRO VANCOUVER

News in brief

DRUNK DRIVING A judge has dropped the case against a North Vancouver RCMP Cpl. Darren Baker after the Crown forgot to request police surveillance video of Baker's booking. The evidence has since been erased.

WITNESS Vancouver Police are asking for help in finding a witness to an incident at English Bay. On Jan. 18, a jogger found a young woman unconscious on the beach and called for help. Investigators would like to speak with the jogger. Anyone with information can call 604-717-2634.

CAR CHASE A 39-year-old Vancouver tow truck driver has been arrested after allegedly leading police on a chase yesterday. When an RCMP officer in Maple Ridge tried to pull a driver over for a driving violation, the driver sped off, lost control of his car and ran away on foot. METRO NEWS SERVICES

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Second coast guard icebreaker gets stuck in ice

After 15 ice-bound hours, 38 passengers on a ferry from Îles de la Madeleine to P.E.I. have landed safely, CBC News Online reports. The coast guard icebreaker Sir William Alexander freed the ferry, but not after first getting stuck in the heavy ice itself. This is the second time in as many days that a coast guard icebreaker has been stuck in ice. **METRO NEWS SERVICES**

Canada

Groups urge less birth intervention

Medical interventions like caesarian deliveries shouldn't be routine for low-risk pregnancies, several Canadian medical groups said in a new policy statement yesterday. The statement called for the promotion of normal childbirth when labour and birth are progressing normally. The statement urged doctors to resort to caesarean sections, among other interventions, only when there is a valid, evidence-based reason. METRO NEWS SERVICES

The coalition is dead

Duceppe pulls plug on Liberal-NDP deal

A controversial political figure — remembered for its "extraordinary work" — has died.

Shed a tear for the NDP-Liberal coalition.

This rare political animal, born in a splash of controversy and daring died a quiet, merciful death yesterday, put down by one of its creators, who figured it had outlived its usefulness.

The death was greeted with a mix of mourning and indifference on Parliament Hill, the very place where it entered the world in a surprise birth just a month and a half ago.

The coalition is survived by warring siblings and is predeceased by Stéphane Dion, one of its founders.

Liberal Leader Michael Ignatieff, never a fan of the coalition he inherited from Dion, was first to hint at its fate yesterday when he delivered a kind eulogy without pronouncing the union formally deceased.

"I come out of this experience with the sense that we have changed Canadian politics." Michael Ignatieff

"The coalition has accomplished, I think, extraordinary work. It has forced a reckless ... prime minister to think again, to jettison the partisan my-way-or-the-highway style of leadership," Ignatieff said.

"I come out of this experience with the sense that we have changed Canadian politics," he said.

It was left to Bloc Quebecois Gilles Duceppe to fill in the death certificate.

"The coalition is dead. It's finished. It's over," Duceppe declared bluntly.

Only NDP Leader Jack Layton betrayed any anger or bitterness yesterday, blaming Ignatieff for not following through on the coalition's grand strategy to replace the Conservatives.

"We have a new coalition now on Parliament Hill. It's a coalition between Mr. Harper and Mr. Ignatieff," Layton said.

TORSTAR NEWS SERVICE

Budget **Getting to work**

CHRIS WATTIE/REUTERS

Prime Minister Stephen Harper uses a nail gun while touring a home undergoing renovations yesterday in Ottawa. Harper attended the photo opportunity after the Tory budget, released Tuesday, announced tax breaks for home renovation projects.

News in brief

SURVEY A recent opinion survey on professions reveals that, given the choice, more people would marry a plumber than a movie star. Synovate surveyed 1,000 Canadians and found that, based on profession, 15 per cent would choose a doctor or a nurse as a spouse, nine per cent would choose a worker from the sciences or trades people, while only four per cent would choose to marry an actor.

BUDGET Hailing Stephen Harper as the "prime minister who actually delivered," Ontario Premier Dalton McGuinty said the federal budget is just the tonic for his province's ailing economy. Meanwhile, Newfoundland and Labrador Premier Danny Williams, a Tory, said the budget was designed to give his province the "maximum shaft."

METRO NEWS SERVICES

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NEW WESTMINSTER CAMPUS	DATE	TIME	ROOM
Child, Family and Community Studies	Thur, Feb 19	5pm	2201
Aboriginal Child and Youth Care Stream ▸ Behavioural Interventionist ▸ Child and Youth Care Counsellor Diploma ▸ Classroom and Community Support ▸ Community Social Service Worker ▸ Early Childhood Education ▸ Therapeutic Recreation (Bachelor's Degree and Diploma) ▸ Youth Justice			
Child and Youth Care (Bachelor's Degree)	Thur, Feb 19	5pm	1640
Commerce and Business Administration	Thur, Feb 19	5pm	2201
Accounting ▸ Associate of Arts Degree (Economics) ▸ Business Administration (Bachelor's Degree) ▸ Business Management ▸ Computing Science and Information Systems ▸ Financial Services Management ▸ Hotel and Restaurant Management ▸ Marketing Management ▸ Office Administration ▸ University Transfer			
Disability and Applied Behaviour Analysis	Thur, Feb 19	5pm	1630
Health Sciences	Thur, Feb 19	5pm	2201
Dental Assisting ▸ Dispensing Optician			
Performing Arts	Thur, Feb 19	5pm	2201
Music ▸ Stagecraft ▸ Theatre			
Print Futures: Professional Writing	Tues, Feb 17	5pm	1808
Sport Science	Thur, Feb 19	5pm	2201
Physical Education and Coaching (Bachelor's Degree) ▸ Physical Education Instruction (Post-Degree Diploma) ▸ Sport Science			
Travel and Tourism	Thur, Feb 12	6pm	4247
University Transfer Arts (Associate Degrees)	Thur, Feb 19	5pm	2201
University Transfer Science (Associate Degrees)	Thur, Feb 19	5pm	2201
Veterinary Office Animal Care Certificate	Thur, Feb 5	6pm	4241

DAVID LAM CAMPUS	DATE	TIME	ROOM
Animal Health Technology	Tues, Feb 17	5pm	A1470
Commerce and Business Administration	Tues, Feb 17	5pm	A1470
Accounting ▸ Associate of Arts Degree (Economics) ▸ Business Administration (Bachelor's Degree) ▸ Business Management ▸ Computing Science and Information Systems ▸ Financial Services Management ▸ Hotel and Restaurant Management ▸ Marketing Management ▸ Office Administration ▸ University Transfer			
Health Sciences	Tues, Feb 17	5pm	A1470
Dental Assisting ▸ Dispensing Optician ▸ Health Care Support Worker ▸ Nursing (Bachelor of Science) ▸ Psychiatric Nursing (Bachelor of Science, Diploma)			
Sport Science	Tues, Feb 17	5pm	A1470
Physical Education and Coaching (Bachelor's Degree) ▸ Sport Science			
University Transfer Arts (Associate Degrees)	Tues, Feb 17	5pm	A1470
University Transfer Science (Associate Degrees)	Tues, Feb 17	5pm	A1470

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5 - 3000 Lougheed Hwy.

2700B Barnet Hwy.

22 - 2988 Glen Dr.

2 - 901 Lougheed Hwy.

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North Vancouver

Capilano Mall

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1295 Marine Dr.

1748 Lonsdale Ave.

1392 Main St.

Richmond

Aberdeen Centre

Admiralty Centre Mall

Ironwood Mall

Lansdowne Mall

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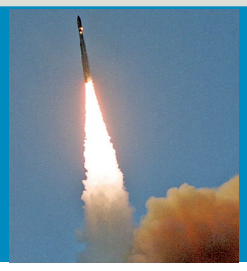
Venice's public toilets going digital

Venice is launching an online service that lets visitors pay for access to public toilets with a mouse click. Instead of paying the current one-euro fee to get into a public bathroom, tourists who think ahead can get one week or day passes to the bathrooms online. Visitors can pay seven euros online for 10 toilet visits over five days in high season, and five euros in the low tourist season. REUTERS

World



More G8 cash for arms disposal: Russia

Russia said yesterday it might have to slow down destruction of its huge Soviet-era stocks of chemical and other weapons of mass destruction because its G8 partners are not providing enough funds to carry out the work. The Group of Eight industrialized nations clinched a $20-billion US deal in 2002 to help Russia get rid of chemical, nuclear and other weapons to prevent them falling into the wrong hands. REUTERS

House passes $819B bailout

U.S. President Barack Obama scored his first major legislative victory yesterday with passage of an $819-billion US economic stimulus package by a sharply divided House on a 244-188 vote.

Obama, who took office eight days ago, was denied, at least for now, his goal of bipartisanship. Every Republican who voted opposed the landmark bill, complaining it contained too much new spending and not enough tax cuts.

All but 11 of Obama's fellow Democrats in the House supported the bill to combat the worst economic crisis since the Great Depression. The Senate begins debate next week.

On his first visit to the Capitol as president Tuesday, Obama failed to ease Republican concerns the package included too little in tax cuts and too much in spending. The Senate is expected to approve a similar version of the bill costing $887 billion.

House Democrats rejected Republican efforts to cut the new spending and approve a package restricted to about $478 billion in tax cuts. REUTERS

Extra spending

- The new spending in the Democrat-approved package includes money to rebuild crumbling roads and bridges, and upgrade health care and schools.

Brazil **Deforestation protest**

RAIMUNDO PACCO / REUTERS

A Brazilian Indian is shown at a protest against Amazon deforestation at the ninth Social World Forum, which was brought to the city of Belem partly as a way of drawing global attention to the destruction of the Amazon rain forest.

Russian soldier ordered to return from Georgia

TBILISI The Russian army accused Georgia yesterday of blocking the return of a soldier who disappeared from his unit and said he must come back or face prosecution as a deserter.

"Alexander Glukhov must return and continue his service," said Colonel Igor Konashenkov, aide to the commander of Russia's ground forces.

Georgia, crushed by Russia in a brief war in August, paraded the soldier on Tuesday.

Glukhov told Reuters in Tbilisi he had asked for asylum, saying conditions with Russian forces in South Ossetia were unbearable. Moscow maintains the soldier was abducted and that Georgia forced him to make statements that discredited the Russian military. REUTERS

News in brief

WEAPONS Iran will not halt sensitive nuclear work as demanded by the new U.S. administration, a close aide to President Mahmoud Ahmadinejad said. The U.S. and other Western powers suspect Iran's peaceful nuclear projects are a front to build nuclear arms, which the aide denied yesterday.

HEALTH A good remedy for women who can't sleep is a happy marriage, studies show. Researchers at the University of Pittsburgh have found that women who are happy with their partners have less trouble sleeping than their unattached counterparts. REUTERS

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Cellists, take note: Doctor admits "cello scrotum" a fake medical condition
"Cello scrotum," a nasty ailment allegedly suffered by musicians, does not exist, a senior British doctor has admitted. In a letter to a prominent medical magazine in 1974, Elaine Murphy reported that cellists suffered from the complaint caused by their instrument rubbing against their body. The claim had been inspired by reports of "guitar nipple." REUTERS

Israel strikes Gaza after rocket fired

VIOLENCE Israeli warplanes bombed a weapons production facility in Gaza yesterday after militants fired a rocket at Israel, in violence that defied the efforts of a visiting U.S. peace envoy to reinforce a ceasefire.

There were no reports of injuries from the predawn Israeli strike in the town of Rafah, along Gaza's border with Egypt. Witnesses and Hamas Islamists said a metal foundry was damaged.

Moments earlier, a militant group with links to Palestinian President Mahmoud Abbas' Fatah movement claimed responsibility for firing a rocket at southern Israel late yesterday.

The rocket was the first fired from Gaza since Israel and Hamas called separate ceasefires ending a 22-day Israeli offensive on Jan. 18. It caused no casualties, but Israeli leaders facing a Feb. 10 election in a campaign focused on security concerns, have vowed to respond to rocket salvoes.

Israel has said it will hold Hamas rulers responsible for attacks launched from the coastal territory, and had warned of a stronger response to the killing of a soldier on Tuesday in an explosion by a border fence.

Hamas defended Tuesday's bombing, citing the killing of two Palestinians by Israel last week. Israeli forces killed one Palestinian farmer, and later wounded a militant on a motorcycle. REUTERS

U.S. envoy's visit

- The violence clouded a visit by U.S. President Barack Obama's Middle East envoy, former U.S. Senator George Mitchell.
- Mitchell said yesterday it was "of critical importance that the ceasefire be extended and consolidated" between Gaza and Israel.

Pope denounces Holocaust after bishop's denial

CHURCH Pope Benedict XVI expressed his "full and unquestionable solidarity" with Jews yesterday, after outraging many by rehabilitating a bishop who denies the Holocaust.

Benedict condemned the "pitiless killing of millions of Jews, innocent victims of blind racial and religious hatred."

Richard Williamson, one of four Catholic bishops whose excommunications were lifted on Saturday, has denied the full extent of the Holocaust of European Jews.

Jewish leaders said the remarks were was not enough. "We still want to be reassured that the views that Williamson expressed have no place in the Church," said Rabbi David Rosen, of the American Jewish Committee. "We appreciate his sincerity, but our concern is that there should not be any room for mixed messages." REUTERS

News in brief

SPACE Recession has not dampened rich people's enthusiasm for space tourism, the world's first commercial space flight company says. Space Adventures has sold seats worth about $175 million US on Russian rockets to the International Space Station. REUTERS

No deal with U.S. on drone missile strikes: Pakistan

ATTACKS Pakistan said yesterday it wanted closer cooperation with the U.S. in the fight against al-Qaida and the Taliban, but had no understanding with Washington that allowed missile strikes on its territory.

U.S. Defence Secretary Robert Gates said that Washington would continue strikes by unmanned Predator drones against militants and that Pakistan was aware of this.

But in a statement yesterday, Pakistan's Foreign Ministry denied there was a deal.

"There is no understanding between Pakistan and the United States on Predator attacks," spokesman Mohammad Sadiq said.

The United States, frustrated by an intensifying Afghan insurgency and what it sees as Pakistan's reluctance to tackle the spillover, stepped up the missile attacks last year.

The Washington Post in November cited unidentified Pakistani and U.S. officials as saying the countries had agreed on a don't-ask-don't-tell policy that allowed attacks, but Islamabad formally denied such an agreement.

The United States carried out about 30 missile attacks in 2008 and four this year, according to a Reuters tally. REUTERS

N. Ireland families clash over payouts

BELFAST Relatives of people killed in Northern Ireland's decades-long conflict clashed yesterday at the launch of a report which recommended a "recognition payment" to families of paramilitary fighters.

More than 3,600 people were killed in 30 years of sectarian violence from the late 1960s and a government-commissioned panel was appointed last year to look into ways to heal wounds.

Bereaved families of Pro-British unionists from the Protestant majority and Catholic nationalists, who want a united Ireland, scuffled and traded accusations at the panel's report presentation in Belfast.

Gerry Adams, leader of nationalist Sinn Fein, an ally of the Irish Republican Army guerrilla group which fought British rule, was among those in the audience who were heckled.

"You've got blood on your hands," unionist Cedric Wilson told Adams. "You should not be here," he said at the Europa Hotel, which was bombed many times in the "troubles".

Unionists said a blanket compensation scheme would put paramilitaries on a par with civilian victims, police officers or British soldiers. Nationalists said London was trying to pay off victims instead of giving an account of its role in the conflict. REUTERS

"You've got blood on your hands … You should not be here."
Cedric Wilson, to Sinn Fein's Gerry Adams

Beijing **Year of the Ox**

DAVID GRAY/REUTERS

Large crowds walk under a row of trees decorated with fans and red lanterns at a temple fair celebrating the Chinese New Year in Beijing yesterday.

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Comment & Views

Comment

Who is this prime minister?

Home&Abroad

Andrew Cohen

Canada & world insight

Ralph Waldo Emerson famously said that "a foolish consistency is the hobgoblin of little minds." Emerson, the 19th-century American philosopher, thought the better part of wisdom is one's willingness to abandon flawed, mistaken or dated beliefs.

By this measure, Stephen Harper is Emerson's man. He's happy to divest himself of anything. There appears to be nothing — no program, no promise — that he will not jettison if it becomes cumbersome or inconvenient.

If that means remaking yourself ideologically, or becoming a political chameleon, so be it. No one can accuse Harper of much attachment to anything.

The federal budget is the latest in a string of staggering reversals. Only weeks ago, Harper declared that our economy was strong and there was no need for stimulus. And there would be no deficit.

Well, one could say that things changed between now and then. What changed was the government found Keynesian economics when it was faced with defeat. Period.

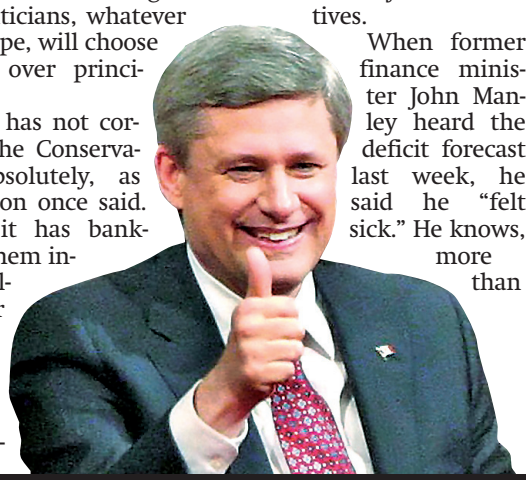
That this deficit comes from a Conservative government led by a conservative economist who once disdained deficits is exquisite. It shows, once again, that politicians, whatever their stripe, will choose survival over principle.

Power has not corrupted the Conservatives absolutely, as Lord Acton once said. Rather, it has bankrupted them intellectually. After a decade of "uniting the right" and plotting a Canadian Conservative majority, they take office and embrace deficit financing and gargantuan spending.

Canada 2009
Federal **Budget**

Breathtaking.

Some might say the Conservatives have become Liberals today, but don't be so sure the Liberals would have been this profligate. It was they who eliminated the deficit inherited from Brian Mulroney's Conservatives.



When former finance minister John Manley heard the deficit forecast last week, he said he "felt sick." He knows, more than most, the pain it took to produce a surplus in the 1990s.

Then again, a government invites a deficit when it cuts the GST and income taxes (which this government did), so it can shrink the size of government (which this government wants), so it can create a Conservative Canada. Or so it thought.

When you want to stay in power, you learn how to trim and tack. Harper is becoming good at this.

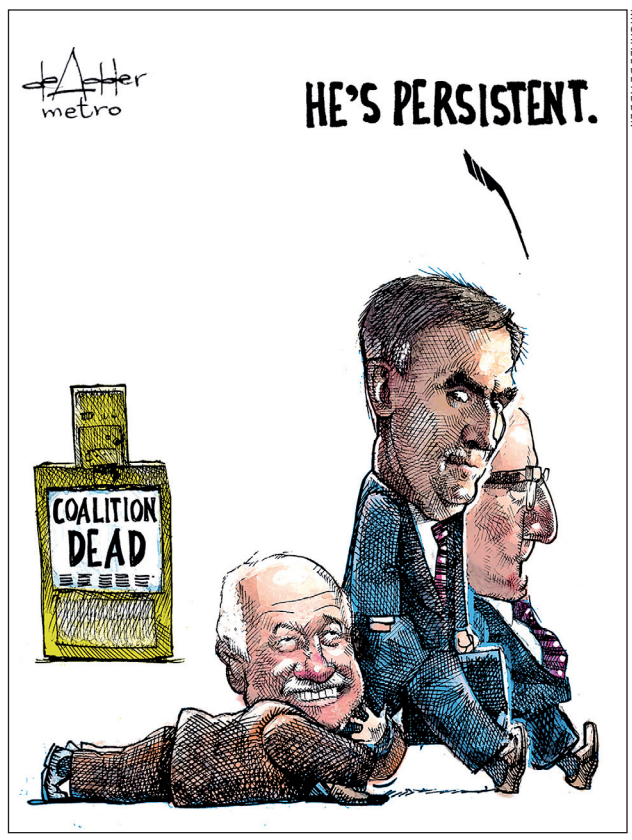
Need a new mandate? Forget the election date you fixed and call one now. Want a Conservative majority in the Senate? Forget term limits for senators.

Want to appoint a new high court justice? Forget those pesky parliamentary hearings. Dislike income trusts? Abolish them.

Want to placate the opposition? Drop plans to kill election subsidies.

Easy come, easy go. My, my, these are faithless folks.

Andrew Cohen, a professor and journalist, is the author of Extraordinary Canadians: Lester B. Pearson.



MICHAEL DE ADDER

Quote of the Day

"We have a new coalition now on Parliament Hill. It's a coalition between Mr. Harper and Mr. Ignatieff."

— NDP Leader Jack Layton on learning of Liberal Leader Michael Ignatieff's comments TORSTAR NEWS SERVICE

Views

Budget missed the boat to help ACTRA

Canada 2009
Federal **Budget**

Stephen Waddell

ACTRA

If Tuesday's federal budget was an attempt by the Conservatives to apologize to Canada's culture community for the devastating cuts of the last year, they missed a major cue. Canada's $5-billion film and TV industry is a proven job generator and gives government a lot of bang for every dollar invested. By not making a significant investment in this industry, Conservatives passed on an opportunity to create thousands of well-paying, creative, skilled jobs and, in turn, stimulate Canadian economic growth.

A healthy cultural industry is in everybody's interest — culture not only enriches our lives, it enriches our economy. More people work in culture than work in agriculture, forestry, mining, oil and gas — combined.

Our cultural industries already contribute more than $85 billion — or 7.4 per cent of Canada's real gross domestic product — and more than 1.1 million jobs. ACTRA had presented a number of concrete job-creation ideas in the pre-budget process; unfortunately, the government didn't include any of them in yesterday's budget.

These practical solutions would have fuelled Canada's $5-billion film and TV industry and added to the more than 125,000 full-time jobs our industry creates across Canada:

"Simply put, Canadian performers are surprised the government is passing on such a no-brainer."

- Increased long-term funding for the Canadian Television Fund, Telefilm Canada, the CBC and the National Film Board;
- A new fund for new media productions that would come from a levy on the revenues of Internet service providers;
- Increased tax credits to encourage film and TV production across the country.

We also pitched the idea of re-introducing "income averaging" for tax purposes over a five-year period to provide fair and equitable tax treatment for self-employed Canadians, such as performers. We're pleased to see renewed commitments to the Canadian television fund and new media fund. However, this is basically a status quo budget for our industry and a missed opportunity to use the job-creating power of our industry to its full potential.

Simply put, Canadian performers are surprised the government is passing on such a no-brainer.

Stephen Waddell is National Executive Director of ACTRA, the national association representing over 21,000 professional performers.

Worth Mentioning

A different illegal download

A New Zealand man who bought a second-hand MP3 player that contained U.S. military files on personnel who served in Afghanistan and Iraq handed it over to U.S. officials yesterday, New Zealand media reported.

Chris Ogle, 29, bought the $10 US MP3 at a thrift shop in Oklahoma. When he plugged it in, he discovered it contained 60 U.S. military files, said New Zealand television program One News which broke the story.

The files contained the names and personal details of American soldiers, including ones who served in Afghanistan and Iraq, as well as information about equipment deployed to bases and a mission briefing, said One News.

Some files contained active mobile telephone numbers and social security numbers of military personnel. Ogle said the officials asked him whether he had made copies and then photographed some of the files, but would not say how sensitive the information was. REUTERS

Metro Online Poll Results

44% SAID YES	If you were an MP, would you vote in favour of the budget?	56% SAID NO

Weigh in on today's question at metronews.ca

It's your turn to tell others what you think. E-mail your thoughts and opinions to: vancouverletters@metronews.ca

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Because women are simply magnificent,

How Canadians can turn a turbulent 2009 stock market into massive profits

"I've made money in every kind of market — up, down, and sideways. Let me show you why today's volatile market is ideal for investors."

George Fontanills, founder of Optionetics, is a Harvard-educated, internationally renowned best-selling author, money manager, and options trading expert.

Canadian jobs are up by record numbers one month and down by record numbers the next. Home sales fall, but homes prices rise over last year. Battles rage in Parliament. Recession hits some industries hard, while others escape. From Vancouver to Toronto to Wall Street, little wonder the markets are volatile… up 100 to 200 points one day, and down 100 to 200 points the next. Most investors think you can't make money in markets like this. But I do it every day, and I can show you how.

THE SECRET IS OPTIONS

Let's face it. For most people, buying a stock is a one-way street. They buy and hold the stock, hoping it will go up. But the smart investors know there's a much better way to profit in the market. In fact, they love the massive volatility of today's market because that's where the massive profits are made.

MARKET VOLATILITY WORKS TO YOUR ADVANTAGE

As the Canadian and global markets react to an economic meltdown and ensuing political battles, today's extreme volatility in the financial markets could become the new norm. Many investors have pulled out. But you can't make money sitting on the sidelines. It is time to change your investment strategy to one that can succeed in unstable markets.

OPTIONS EXCEL IN TURBULENT MARKETS

Wealthy investors have always known how to multiply their returns and minimize their risk. You see, for every $1,000 you put in stocks, they only put in $150 – $200 to achieve the same investment muscle. How? Because they use options to leverage or control a stock rather than buy it, extending the power of their investment dollar. That's how the wealthy play the stock market, without the risk of actually buying the stock.

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SUREFIRE STRATEGIES FOR UNCERTAIN TIMES

- See how to make money in today's volatile market.
- Discover strategies once reserved for a small group of industry traders.
- Understand the market's hidden factors better than current investors.
- Learn to control stocks without the expense or risk of buying them.
- Discover practical techniques for making more money in this type of market.

Who Should Attend

- Investors looking to minimize risk and protect profits
- Investors looking to diversify
- Retirees in need of extra income
- Investors looking to salvage their investment portfolio
- Anyone who has been hammered in today's market

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— Miroslav Kavicky
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Toyota recalls Yaris

Toyota is recalling 58,000 of its 2006 and 2007 Yaris subcompact models sold in Canada because of a seatbelt defect. A seatbelt could cause a foam pad in the car to catch fire if the vehicle is involved in a severe front-end collision. **CBC NEWS ONLINE**

Business

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GDP outlooks too rosy: IMF

ECONOMY The International Monetary Fund says Canada's economic recovery will be far less vigorous than the federal government and the central bank are predicting.

The world body yesterday forecasted the economy will grow by 1.6 per cent in 2010, after contracting by 1.2 per cent this year.

Ottawa expects real gross domestic product will grow by 2.4 per cent in 2010, after shrinking by 0.8 per cent this year. The Bank of Canada's latest projections for real GDP growth of 3.8 per cent next year, following a 1.2 per cent contraction this year.

TORSTAR NEWS SERVICE

How green is your wallet?

FOOD As the recession drives consumers to cut costs, their commitment to organic food has been tested with slowing sales growth — but so far, sales are not falling.

The global market for organic food, worth $22.75 billion US in 2007, may suffer, but one expert noted the loss will be limited since organic consumers are committed. **REUTERS**

Credit plan skimpy: Critics

The federal government's clumsy attempt to regulate credit card lending through "skimpy" measures in the budget will do little to beef up consumer protections, critics charged yesterday.

Earlier this week, Conservative Finance Minister Jim Flaherty outlined a handful of proposals to better assist consumers in making "informed decisions" when using credit. But various politicians and some members of the business community say his plan lacks teeth.

Liberal Senator Pierrette Ringuette called Flaherty's proposals an "insult," arguing he should have introduced rules to shield consumers and businesses from rising interest rates and fees. She raised those concerns with Liberal Leader Michael Ignatieff, but also urged the Senate yesterday to investigate the industry.

"Consumers need to pay less interest rates to sustain their purchasing power."
Pierrette Ringuette

"Given the current state of our economy, consumers need to pay less interest rates to sustain their purchasing power," Ringuette told senators.

Canada 2009 Federal **Budget**

Flaherty's proposals include a new task force on financial literacy, while "strengthening disclosure requirements" on banks that issue credit cards. That involves simplifying the language on documents, while providing "clear and timely advance notice" of rate and fee changes.

Additionally, the government promised to limit "business practices that are not beneficial to consumers." That could include minimum grace periods on new purchases and changes to debt collection.

MP Dan McTeague, the Liberal Consumer Affairs critic, wants a cap on rates set at 12 per cent above the banks' prime rate. The NDP want it set at five per cent above prime.

TORSTAR NEWS SERVICE

Business in brief

AIRLINE About 5,000 Air Canada employees in the Canadian Auto Workers union voted 78 per cent against a tentative collective agreement, which was set to take effect May 31.

EARNINGS Boeing Co. reported a fourth-quarter loss of $56 million US, compared with a year-earlier profit of $1.03 billion US, due a machinist union strike. It will also cut 10,000 jobs this year.

ENERGY Canadian oil and gas drilling could fall 21 per cent to 13,500 wells this year because of slowing petroleum demand and low commodity prices, an industry group says.

METRO NEWS SERVICES

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and they deserve more of the very best,

Canadian Dimitroff named top NFL exec
A former University of Guelph student has been chosen the NFL's executive of the year by The Sporting News.
Thomas Dimitroff, right, led the Atlanta Falcons to the playoffs in his first season as a general manager. METRO NEWS SERVICES

Sports

"Anybody that says we should blow up this organization should get their own bomb and go blow themselves up."

Ottawa Senators owner Eugene Melnyk, left, during a news conference yesterday, discussing the Sens' subpar season and decline in season-ticket sales. METRO NEWS SERVICES

EDITOR: JOHN CHICK, JOHN.CHICK@METRONEWS.CA

Preds prey on Canucks

NHL RESULT

Predators 5 Canucks 3

VS

SCOTT RINTOUL
for Metro Vancouver

Canucks goalie Roberto Luongo keeps his eye on the puck last night against Nashville. The Predators won 5-3.

THE SKINNY: JP Dumont's second goal in his last 20 games proved to be the game-winner as the Predators avoided a season sweep by the Canucks. Vancouver built a 3-1 lead on three quick goals early in the second period, only to see Nashville score three power-play goals en route to the victory.

THE TONIC: In their last two home losses, the Canucks have allowed four power-play goals to the two worst power plays in the NHL (Nashville and Columbus).

THE SHOWKILLER: Mats Sundin has taken six penalties in his eight games as a Canuck; four of them have resulted in power-play goals with three of them being game-winners.

THE STREAK: The Canucks have lost seven straight games and eight straight at GM Place — a new franchise record for futility on home ice.

THE HOT SEAT: GM Mike Gillis says he's safe, but coach Alain Vigneaut's backside must being getting warm.

THE RATING: The Canucks only showed up for about 10 minutes of this game and were booed heartily at the conclusion. 1 out of 5 stars.

THE NEXT GAME: Minnesota is in town on Saturday as the Canucks continue a four-game homestand.

Sundin likes to take it easy

Mats Sundin's decision not to skate or work out at GM Place during the all-star break is an interesting one. On one hand, Sundin is a veteran who knows his body well enough to decide how much work is necessary for him to be in game shape.

On the other hand, Sundin was labouring on the ice before the break and logic dictates that guidance from the Canucks' training staff would have been more beneficial to his conditioning.

If Sundin takes a page out of Kyle Wellwood's book and plays his best hockey after a few days off (as Wellwood did earlier this year), no one will say a word. However, should he struggle to produce offensively in the foreseeable future, he'll be taking a fair amount of heat from the fans and media.

• The roller-coaster ride that is Fabian Brunnstrom continues. You remember Brunnstrom, right? He was all but signed in Vancouver last spring, but balked after Dave Nonis was fired.

Canucks fans gnashed their teeth earlier this season when Brunnstrom registered a hat trick in his NHL debut with Dallas, but they're breathing easier now. Brunnstrom was reassigned to the AHL on Tuesday, and in an ironic twist, he's now skating for the Manitoba Moose — the top farm team of the Canucks, which also carries players from the Stars.

• On the same day Wally Buono anointed Buck Pierce as the Lions' starting quarterback, he also said he'd be open to talking about the possible return of Casey Printers.

Huh?

Printers was a catalyst in the most heated quarterback controversy this city has ever seen, and has shown no signs of regaining the form that won him the CFL's Most Outstanding Player award in 2004.

At this point, Printers appears to be little more than a contingency plan in the unlikely event that Pierce heads south to an NFL practice roster. Introducing Printers to the Leos' current QB situation would be inflammatory to say the least.

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Scott Rintoul

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For more home and condo news and columns, check metronews.ca/vancouver/life/househome.

Metro Homes

Rent out the cottage

Cottage Life launched a new website called Cottageliferentals.com. It has a directory of hundreds of cottage listings, giving renters an opportunity to search for waterfront properties across Canada.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

New look at nesting in your home

UrbanDweller

Whether we all planned on it or not, our personal consumption habits are suddenly going through a major shift. One of the first shifts is an attitude adjustment. Consider this new-think: Now is the time to enjoy what you've already acquired.

That includes your home, and all the little things inside it that make it a unique space, a reflection of you. (Already I can feel the cringing. If it's any consolation, I'm typing this week's column with my back against the kitchen so I don't have to look at piles of half-completed projects.)

I realize that nesting might be a foreign concept to many Vancouverites, who are more about Out There than In Here, but as attitudes shift toward dining in and entertaining at each others' homes more, our interiors are going to become more important. "House-proud" isn't a descriptor just for little old ladies anymore.

Inviting a friend or neighbour over for tea is no longer a quaint notion, but a comfortable alternative to meeting up at the nearest Starbucks. That will lead to new thinking about how nice homemade num-nums would go with tea, and how you might make your home a little more presentable.

One of the first things I tackle when I'm organizing a home is collections, from stemware to sock monkeys, matchbooks to men's pipes. Whether they're taking over the place, like framed photos cluttering all available surfaces, or in deep hiding in the back of closets, collections are generally deemed too important to part with. My goal is to help the owner of the collections live with them in harmony. Often that means corralling family photos into an elegant book that lives on the coffee table or grouped into one big wall of family fame in a hallway. Other collections might be "recontextualized" — presented in a new way — to enhance their form and number, like lining up a someone's 20 pairs of must-have stilettos on floating glass shelves in the bedroom.

If you'd really rather part with a collection but want to honour it in some way, consider arranging each item in an interesting grouping, then taking a high-resolution photo that you can have enlarged and set in frame with a wide mat for dramatic effect. Hang the picture in a room that is most related, or in sharp contrast, to the collection — something for your guests to brew over at tea.

Carlyn Yandle is a Vancouver journalist with her own room-planning business, Home Reworks; carlyn@homereworks.com.

CARLYN YANDLE PHOTO

Grandma's souvenir spoon collection gets new respect as a photo, framed in a wide mat and set on a dining room wall.

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The many ways to own or live on properties

HouseLeague

Freehold, leashold and co-ops. These terms conjure up confusion and frustration for the average Vancouver buyer. So let us decipher these three most common types of property ownership one by one and discover where you are most likely to encounter each one in the city.

Firstly let us look at freehold properties. Freehold ownership is the most common in Vancouver. It entitles the homeowner to have their name on title as full owner of the land and the improvements (house) on the land. If it is a condo that is being purchased, a freehold ownership gives you full ownership of your unit and a portion of the land and common areas depending on your unit of entitlement in the building. Basically, the larger the unit, the more land and common area you own.

Next we have leasehold properties. Leaseholds comprise a much smaller percentage of home sales in Vancouver and can be found in strata properties on leasehold land, co-operatives on leasehold lands and even mobile homes on rented pads. For the purposes of this column, a leasehold is a home where the land is being leased usually from the government or as is also common in Vancouver, a native band, for a defined period of time. When purchasing a leasehold, most banks will require at least 30 per cent downpayment. You should always seek legal advice to ensure that you are satisfied with the terms of the lease and understand the procedures to follow when a lease comes due. Lease rates, assignability and terms are things that should be discussed with a lawyer. Most leaseholds in Vancouver can be found around the False Creek area along the water front and on university property.

Co-ops are the third type of ownership one can buy into in metro Vancouver. Co-ops also comprise a small share of the real estate market. Unlike freehold and leasehold properties, with a co-op, you do not own the land or condo outright. Instead you own a share in the land and improvements (the building) and are granted the right to occupy a unit as part owner.

Most banks will require at least 30 per cent down payment on this type of ownership as well. When buying into a co-op you will have to receive approval from a board of directors made up of current owners. Co-ops usually have tough rental and pet restrictions, so be sure to check the building rules prior to purchasing. As with leaseholds, you should consult a lawyer when financing is required as there is no title in a co-op to encumber with a mortgage. Most co-operatives can be found in the west end and for the most part are older buildings.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada, and host of The Real Estate Minute on Novus TV; rdeluca@sothebysrealty.ca.

Sugar shock
Canadians consume, on average, more than six teaspoons of added sugar in the morning, which is half the World Health Organization's daily maximum estimate of 12 teaspoons a day. The results come from a national survey commissioned by SPLENDA® Brand Sweetener that looked into Canadians' morning eating habits. METRO NEWS SERVICES

Food

Canadian supplier Trudeau introduces the Garlic Duo, a dual function tool that effectively crushes or slices garlic cloves.

Metro News Services

For more
The Garlic Duo has a five-year warranty and is dishwasher-safe. It comes in blue, green or red and has a suggested retail price of $24.99. Visit trudeau.ca for more.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Fill up a super bowl

LiquidAssets

Peter Rockwell

liquidassets@eastlink.ca

Down south

While I've gone to a lot of far out places to wet my whistle the furthest so far has got to be South Africa. With a layover in London my trip last fall to the Western Cape took over thirty hours, but it was worth it to get some lips-on perspective as to what's hot and happening in its unique wine regions. Both the shiraz and sauvignon blanc grapes have surpassed old school pinotage in popularity and cool mega blends of umpteen varietals are filling the glasses of those hip to what's cutting edge.

Take **KWV's 2006 Roodeberg Red ($12.95 - $15.99)**. Though the brand is no spring chicken (it recently celebrated it's 50th vintage) its rustic, big-fruited marriage of earth, smoke, spice and chocolate has influenced a whole new wave of ingenious South African blends like **Fairview Cellars' 2006 Goats do Roam Red ($12.95 - $15.99)**. The Goat's shiraz-led mix of six grapes shows off some nice juicy red berry fruit capped-off by a light candied finish that reminded me of cherry Nibs.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

À la carte

Barb Holland

Metro Food Writer

If you'd rather be in front of the TV watching the big game than in the kitchen, here's a hearty beef chili that makes good use of your slow cooker for a hassle-free supper. The flavour improves overnight, so if time permits, consider making it a day or two ahead and reheat in slow cooker. Serve with lots of crusty bread and cold beer.

Chipotles are dried smoked jalapeno peppers in a spicy tomato vinegar sauce (adobo sauce). They add a wonderfully rich, smoky flavour. Purée the entire can, including sauce, until smooth. You won't need the entire can, so freeze the remaining in a resealable bag or freezer container for another use, such as my Cranberry Chipotle Glazed Meatballs at metronews.ca/alacarte (Nov. 27, 2008). For another game plan for super bowl supper, try Pulled Pork (Oct. 23, 2008).

Hearty Beef Chili

If you have a large crowd and a large slow cooker, double the recipe. If you like kidney beans in chili, add a can of drained beans during the last hour. Makes 6 servings.

INGREDIENTS:

NFL
Super Bowl XLIII

The flavour improves overnight, so if time permits, consider making it a day or two ahead and reheat in slow cooker.

- 2 lb (1 kg) stewing beef
- 1-2 tbsp (15 to 30 ml) vegetable oil
- 2 onions, chopped
- 1 red or green pepper, chopped
- 2 cloves garlic, minced
- 2 tbsp all-purpose flour
- 2 tbsp (30 ml) chili powder
- 1 tbsp (15 ml) ground cumin
- 1/2 tsp (2 ml) each salt and pepper
- 19 oz (540 ml) can stewed or diced tomatoes
- 1-2 tbsp (15 to 30 ml) puréed chipotle peppers in adobe sauce or 1 tsp (5 ml) hot pepper flakes
- 19 oz (540 ml) can red kidney beans, drained and rinsed (optional)

METHOD:
Trim any fat off meat and cut into chunks, if necessary. In a large skillet, heat 1 tbsp (15 mL) oil over medium-high heat. Brown meat in batches and transfer to slow cooker.

Add a little more oil to skillet and sauté onion, pepper and garlic until lightly softened, about 5 minutes. Stir in flour, chili powder, cumin, salt and pepper. Add tomatoes and puréed chipotle peppers, bring to a simmer. Pour sauce over beef in slow cooker. Stir well, cover and cook on low for 8 to 10 hours or until meat is tender. If adding beans, add one hour before end of cooking.

Tip: For stove-top preparation: Prepare as above, increasing the liquid to cover the meat in a large Dutch oven or saucepan (beef broth, more tomatoes or beer). Bring to a simmer, reduce heat and cook, covered for 1-1/2 to 2 hours or until meat is tender. Stir occasionally. Add beans for last 20 minutes.

Serve this chili with lots of crusty bread and, of course, ice-cold beer.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Join the Playhouse

Tickets to the popular Vancouver Playhouse International Wine Festival are now on sale and are available by phone at 604-873-3311, in person at 127 East 2 Ave. or online at playhousewinefest.com (select events only). This event sells out quickly, so buy soon! METRO NEWS SERVICES

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

Regional menus a sweet respite

ANYA LEVYKH
anya.levykh@gmail.com

R.TL.
1130 Mainland St.
Vancouver
604-638-1550
Online: r.tl

Signature Drink:
Va Va Voom
Signature Dish:
Paella Cakes
Rating: ●●●●½
Dinner & drinks for 2:
Less than $100

It's a simple concept for simple times. Two theme regions every three months, plus B.C. as the permanent third region. Prices are also simple at $9 to $13 a plate. Portions are generous and the room is just peachy, plus the auto-sensor sliding glass door is Star Trek über-cool.

The two regions when we visited were the Middle East and Spain, which turned out to be a great little combo. We started with some flatbread ($5) that came with a lovely little yogurt, raisin and mint dip, as well as a garlic hummus-style spread and some spiced butter. Yum. From the B.C. menu, cha-seed crusted scallops ($14) with carrot puree and quince. The some port-soaked black figs and goat's cheese on crostini ($11), which could have used a little more goat's cheese for our taste, but was happily heavy on the figs.

Paella cakes ($11) were delicious and the fried haloumi cheese ($12) with dates and pears was worth a loud encore. The Berkshire pork belly ($13) was a rich square stacked over braised purple cabbage, cipollinis and an aromatic apple compote.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

ANYA LEVYKH/FOR METRO VANCOUVER

Berkshire pork belly with braised cabbage and apple compote.

We were too stuffed for the saffron ice cream, but I will be back and next month I'll be visiting France and Portugal. Jealous?

The Many Sides of Pinot: Pinot Noir

Pinot noir is one of the most popular varietals in the world and is used to produce some of the best wines on the global marketplace. It is most commonly associated with the Burgundy region in France, but here in B.C. it has no lack of growers, either. One to try from the Oliver area is Church and State's Coyote Bowl Vineyard Pinot Noir. This is an attractive full-bodied red that can stand some cellaring, with hints of caramel and brown sugar. Approx. $26 at VQA and private wine merchants.

Dining out

PAN-ITALIAN FEASTING
Starting February, Cibo Trattoria will be offering a five-course tasting menu for $48 one evening each month, showcasing the diverse regional cuisines and wines of Italy. The first event is on Feb. 4 and will celebrate the cuisine of the Piemonte region with dishes like potato-pancetta ravioli. Call 604-602-9570.

FOR THE LOVE OF RIESLING
Fuel Restaurant will be offering a five-course dinner for $60 (optional wine parings $50) celebrating the diversity of Riesling in the glass and on the plate. The menu will be available Feb. 19-21 and includes slow roasted wild chum salmon, marinated Qualicum bay scallops and crispy duck. Call 604-288-7905.

In brief

CHOCOLATE for Breakfast? Why not, according to the cookbook's author Barbara Passino, the superstar chef from Oak Knoll Inn in the Napa Valley. I tried the chocolate taco recipe and had a small melt-down. Check amazon.ca.
DINE OUT Extensions. Nu, Raincity Grill and C Restaurant are all extending their Dine Out menus to Feb. 11. Call the restaurant of your choice.

Tip to prevent jewelry from tarnishing
Always store your jewelry pieces separate from one another as sharp metals and gems could scratch your other jewels. I find that storing them in small cloth jewelry bags helps with organization and prevents tarnishing. KIM ELBO/FOR METRO CANADA

Style

Beautify yourself, naturally

Get more coverage with less with CoverGirl TruBlend MicroMinerals Foundation. It is an ultra-fine mineral powder that can build from sheer to full coverage without caking. It also contains high amounts of naturally-derived ingredients and minerals. Available at at most mass-market retail outlets nationwide in 10 different shades for $13.99. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Luxury shoes shine

Metallics, snakeskin prints and earth hues adorn '09 shoes

JENNIFER YANG
for Metro Canada

Boom or bust, women's shoes have a knack for staying well-heeled, even in the most recessionary of times.

This spring is no exception and for anyone wondering where all the wealth has gone, look no further than a shoe-lover's feet.

"Women love shoes and it's that one item that's an attainable luxury," says Canadian designer David Dixon. "What's that saying? 'When the going gets tough, they go shoe shopping?'"

Thankfully, designers aren't subscribing to the recessionary mood and this spring, they're trotting out shoes in luxe, lustrous and bejeweled. In Dixon's own line, there's no shortage of rhinestone-studded straps, rich hues and earth tones paired with brushed metallics.

"There is a fantasy to it, and I think it is a part of the escapism," he says.

While metallics are still popular, one of the biggest materials for 2009 is of the serpentine variety and city dwellers better get used to seeing snake on the pavement.

"Natural snake, black and white snake, metallic snakes … it's a very rich-looking shoe," explains Julia Brownstein, senior buyer for Browns. "When you do a metallic snake, right away it looks very rich and expensive and it's something you can wear day and night."

"What's that saying? 'When the going gets tough, they go shoe shopping?"
David Dixon, designer

With April showers also come lace and flowers, and feet are getting romanced with satin, bows and lacy adornments. As for colours, cobalt and navys are cropping up alongside purples, greens and oranges, as is the classic nude shoe.

"With the economy and the way things are going right now, the type of purchase that will be strong this summer is something neutral that would go with a lot of things," says Brownstein.

But perhaps the biggest shoe of spring is last year's winner, the gladiator, both in sandal and stiletto. Having fought its way into a second round on the runways, the Greco-Roman shoe has re-emerged a bit more refined.

"It really started last year with the basic up-the-leg traditional gladiator, but now a lot of designers are doing it on a platform," says Richard Markowitz, buyer for Davids. "Through the gladiator shoe, you're also getting a more strappy look and the birdcage look."

Brown snakeskin leather sandals, Feet First, $89.99 (In stores May).

Michael Kors metallic sandal, Browns, $178.

Faux leather Sweetheart Mary Jane Pump, Payless, $60.

Mixed metallic gladiator sandal, Gap, $49.50.

Heels have undergone some interesting treatments this spring, like tapered points or creative detailing, but heights are nowhere as lofty as last year.

"That has to do in part with the economy," Markowitz says. "People want something a little more fashionable, something they can wear a couple of times and not just once."

GlobalStyle

Kenya Hunt

Read Kenya, exclusively at metronews.ca/globalstyle and check out her blog at kenyastyle.com

Style File

Kim Elbo

kim.elbo@gmail.com

ask kim

The rubber tip of my heel has worn off and now I can see the screw! These are my favourite shoes and I know they are no longer available, what do I do?

Don't throw them out; they're salvageable! Take them to the nearest cobbler and get the tip replaced. If you walk on pavement, buy a heel protector, it's basically a rubber or plastic cap that goes on over your heel. You can purchase heel protectors at dance shops or online at amazon.com.

E-mail your style questions to kim.elbo@gmail.com.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Try a weave this spring

Flat Weave
Designer: Aldo
Shop: Aldo
Address: Various Locations
aldoshoes.com

Gladiator Weave
Designer: Michael Kors
Shop: Michael Kors
Address: Oakridge Centre Mall
michaelkors.com

Basket Weave
Designer: Paul Smith
Shop: Gravity Pope
Address: 2205 West 4th Ave.
gravitypope.com

Bracelet
Designer: All the Rage
Shop: loulou luv
Address: 2206 W. 4th
loulouluv.com

Ring
Designer: Sansyo
Shop: U Life Store
Address: 2028 Vine St.
ulifestore.com

Necklace
Designer: Aldo
Shop: Aldo
Address: Various Locations
aldoshoes.com

The weave shoe trend

Last month I got to see this amazing Bata shoe exhibit in Edmonton and I could not stop thinking about this one French straw-weave platform shoe from the 1940s that was featured. The shoe led me on a mission to find a great weave shoe, and lo and behold there's great selection of leather and straw weave shoes out there. First off, if you're going to buy a high-heeled shoe this spring, look for a platform; they're not only very popular for the season but they help with height and stability. Make sure the weave is made out of leather, it's much more durable than synthetic fabrics and it's better to spend money on something that will last.

accessory
The Valentine's tote by Roxy, $32, is the perfect bag to conceal your V-day gifts from your beau. Available at West49, west49.com.

Fashion Jewelry

I'm definitely feeling this Moroccan-inspired trend I've been seeing on the runways and in stores for spring. The look can be achieved with over-layered necklaces, bright beads toned down with patina metals and delicate wire filigree. Some of the colours to look out for are burnt orange, deep red and turquoise. Moroccan-inspired jewels are beautifully eccentric in design so show them off properly and proudly with simple clothing pieces like block colour caftans or linen white shirts or pants.

Who Do You Think You Are?
In a new genealogical documentary series, stars including Sarah Jessica Parker, Lisa Kudrow and Susan Surandon will find out just whom they are related to. The actresses will appear in NBC's Who Do You Think You Are? **USMAGAZINE.COM**

Entertainment

Juno gig

CTV has announced that Sarah McLachlan is the first artist slated to perform live on the Juno Awards broadcast on March 29.
METRO NEWS SERVICES

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

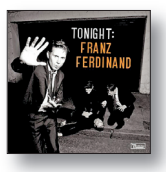
Franz returns with Tonight

U.K. band adds new beats to disco sound

Scottish band Franz Ferdinand throw club beats and electronica sounds in with their familiar disco-rock style on the groups latest album Tonight, which was released yesterday.

Franz **Ferdinand**

Album: Tonight
Label: Domino/Sony
Rating: ●●●●



NO MATTER HOW badly fans want their favourite groups to remain consistent, there comes a time when even the most successful acts need to change things up. On Franz Ferdinand's third disc the band takes that leap to the next level, throwing club beats and electronica sounds in with their familiar disco-rock style. Though some might not make it through the nearly eight minute Lucid Dreams, the new Franz is definitely improved. Fortunately the band hasn't messed with their formula too much — No You Girls is one of the best dance rock tunes in their oeuvre.

Bryan Borzykowski/for Metro Canada

Hoobastank

Album: For(N)ever
Label: Island/Universal
Rating: ●

AT LAST, A band that truly is as bad as its name. Hoobastank had a treacly hit called The Reason a few years back that was played a few million times too many. We should not forgive those who for some unexplainable reason supported the band back then. It is because of them that Hoobastank was allowed to record two more albums with massive big label backing.

Those wretched Hoobastank fans should be locked into a dark room and forced to listen to this sorry excuse for rock 'n' roll until their emo forelocks turn gray and their skinny jeans throttle their thighs. We know who you are. We're coming to get you.

Graham Rockingham/for Metro Canada

Nickel **Eye**

Album: The Time Of The Assassins
Label: Rykodisc
Rating: ●●½

THE DOWN TIME between Strokes records affords an opportunity for bassist Nikolai Fraiture to try his hand at a solo project. The stripped-down acoustic folk-rock a la Dylan and Neil Young complements his lyrical explorations as a travel-happy dropout. But like those wandering years, Fraiture has yet to find his footing. And his monotone, nasal vocals (think Lou Reed meets Leonard Cohen) and oft-repetitive arrangements often drag to the point of grating
.

Ian Nathanson/for Metro Canada

Joanna **Chapman-Smith**

Album: Contraries
Label: Woundup Records
Rating: ●●●

ACCORDIONS CAN BE brandished as sonic weapons, sitting heavy and poised for raucous, foot-stomping mayhem. Not so for Joanna Chapman-Smith. Jazzy, soulful vocals dominate Chapman-Smith's "Canadian ethnic folk" — a mellow collection of folksy tunes that also features clarinet, piano, stand-up bass, scattered percussion flourishes, whistling and even an a capella duet (Body Language). Autobiographical stories like Carnival Song and Between the Mind shine over Chapman-Smith's sparse arrangements and restrained instrumentation. The resulting album plays more like a summertime porch lullaby than a gypsy punk party.

Rob McMahon/for Metro Canada

In-Flight **Safety**

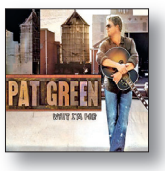
Album: We Are An Empire, My Dear
Label: This Is Night/Outside
Rating: ●●●½

THERE ARE FAR too many Coldplay and U2 wannabes in Britain without adding to the list from Canada. Unfortunately, In-Flight Safety forces the comparison to the British rock giants on Big White Elephant, the showcase tune on this album. We could probably excuse the anthemic keyboards and rhythm piercing guitars, but John Mullane's reaching vocals are just too close to Chris Martin's doe-like mews. Fortunately, it's not all like that. The band hits the mark on the very next track, Model Homes, and there are flashes of East Coast indie brilliance throughout.

Graham Rockingham/for Metro Canada

Pat **Green**

Album: What I'm For
Label: Sony
Rating: ●●●



PAT GREEN WAS best as an outsider from Texas knocking on Nashville's doors, respected by the star-making machinery but never fully accepted. Oh, but the yearnings of stardom are strong. Especially when fellow men-without-cowboy-hats like Keith Urban and Dierks Bentley are hitting it big playing guitar heavy country rock. With What I'm For, Green takes a stab at stardom, conceding just enough to the mainstream 'new country' to guarantee airplay. At times, it may be a tad too much though. On the opening track, Footsteps Of Our Fathers, Green sings "let's rip a page out of the Hank Williams' hymnal." Hopefully, Green isn't closing the book on Hank.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music by following links at metronews.ca/music

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Vampire actor plays painter

Twilight star Robert Pattinson can't always play a vampire heartthrob. In his next movie, Little Ashes, set in 1922 and described by Variety as an "arty Bohemian romp," the actor plays Salvador Dalí as a young man. **PEOPLE.COM**

Most memorable halftime moments

IAN NATHANSON
for Metro Canada

NFL
Super Bowl XLIII

It's as old — and often as overhyped and controversial — as the Super Bowl itself.

Yet what millions upon millions view as that entertaining diversion between the NFL championship's second and third quarters took years to find its stride.

Since the game's 1967 inception, the likes of American college marching bands, drill teams, incarnations of motivational singing troupe Up With People and the odd vocal act (Chubby Checker, Carol Channing) typically filled a 15-minute average time slot.

By the 1990s, a directional change and barking orders to "go big-name" led to bringing in more established acts from country music, R&B, pop and rock.

The Super Bowl halftime show also affords a great excuse to go overboard on stage presentation and excessive stars-and-stripes patriotism.

So it might not surprise anyone if this year's halftime act, Bruce Springsteen and the E-Street Band, happens to dole out a rendition of Born in the U.S.A. to get the crowd at Tampa, Fla.'s Raymond James Stadium all fired up.

Springsteen's appearance also marks a five-year anniversary of the Super Bowl opting to go with safe, guaranteed-not-to-offend veteran rock acts, following 2004's infamous Nipplegate incident (more on that later).

Ultimately, though, will there be some highlight in Springsteen's set that can compare to the following list of memorable halftime show moments of Super Bowls past? Guess we'll find out on Sunday.

Top Super Bowl halftime highlights:

• **5. Michael Jackson, Super Bowl XXVIII, 1993:** Talk about grandeur: The King of Pop singing Heal the World accompanied by a choir of 3,500 Los Angeles-area children. Following this performance the NFL and the Super Bowl broadcaster of the day agreed to bring aboard big-name acts to draw in viewers.

• **4. Aerosmith, 'N Sync, Britney Spears, Mary J. Blige, Nelly, Super Bowl XXV, 2001:** A bridging of two generations: Veteran rockers Aerosmith get down with superstar popsters 'N Sync (featuring a more innocent Justin Timberlake) and Britney getting their chance to warble the rapid-fire lyrics of the mid-'70s classic, Walk This Way.

• **3. U2, Super Bowl XXVI, 2002:** Bono's typical frontman showmanship wasn't the star of this performance. Instead, the sight of a simple banner that scrolled the names of the 3,000 men and women who died during the 9/11 attacks just months before was enough to tug at the collective heartstrings.

• **2. Prince, Super Bowl XLI, 2007:** Even with a controversial silhouette of a revealing pose, His Royal Purpleness let loose a top-notch 12-minute set of his classics — as well as musical shout-outs to Foo Fighters, Queen, Bob Dylan and CCR — all capped by a rain-soaked Purple Rain complete with blistering guitar solos.

• **1. Jessica Simpson, Nelly, P. Diddy, Kid Rock, Janet Jackson and Justin Timberlake, Super Bowl XXXVIII, 2004:** A.k.a. Nipplegate. Those final few seconds of J.T. opening a piece of Janet's clothing to reveal a star-shaped shield over her right nipple was enough to set off a firestorm of complaints, a $500,000 US fine to CBS and worldwide talk of the so-called "wardrobe malfunction." All of this placed the Super Bowl under the FCC's watchful eye, prompting a switch to safer, family-approved rock acts for future halftime shows.

GETTY IMAGES FILE PHOTO

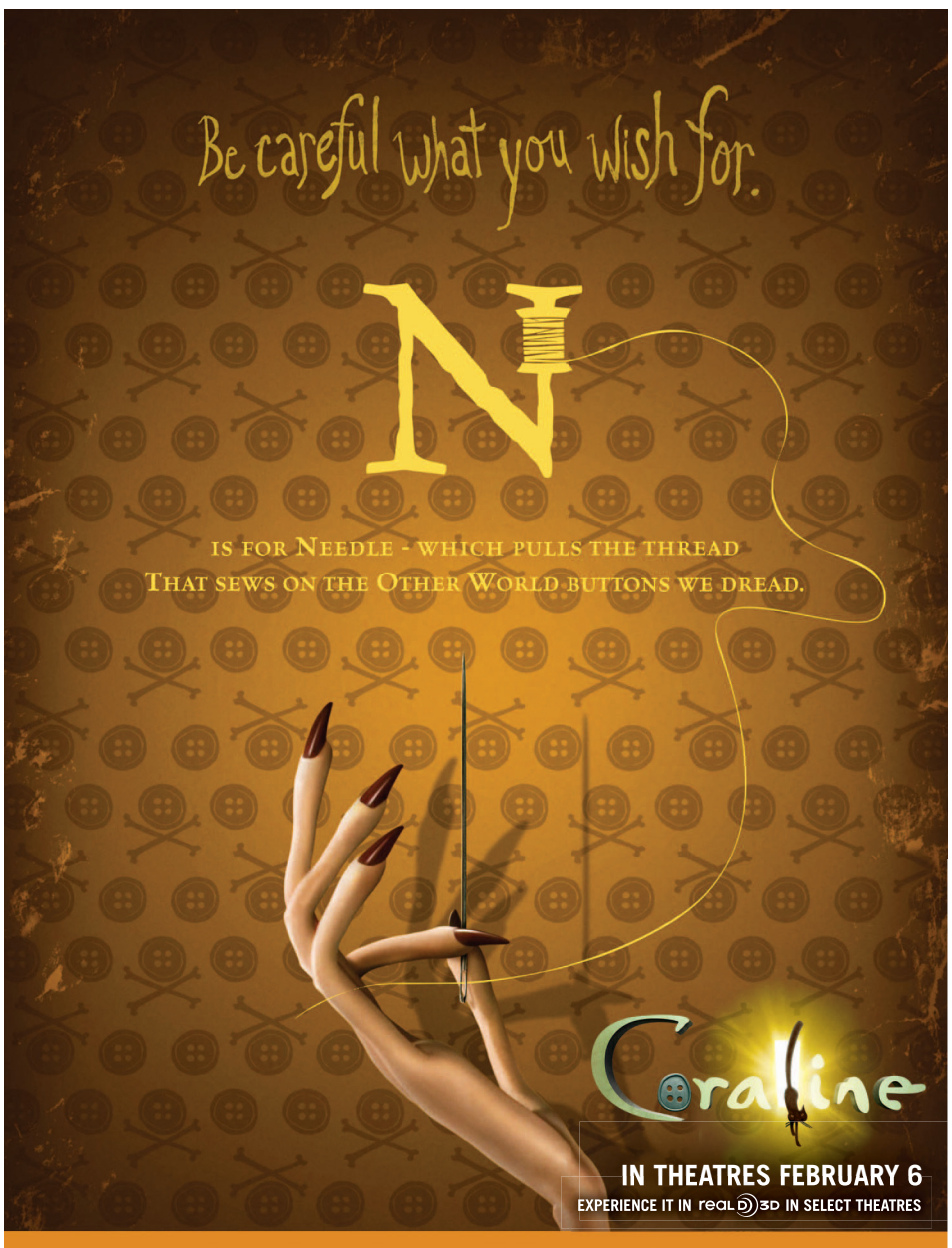
Janet Jackson, left, and Justin Timberlake set off a firestorm of complaints, a $500,000 US fine for CBS and worldwide talk of the so-called "wardrobe malfunction" at Super Bowl XXXVIII.

Thriller video director sues Jackson

MUSIC The director of the influential music video Thriller has sued pop star Michael Jackson over his share of profits from the 14-minute work.

Filmmaker John Landis, who co-wrote and directed the 1983 Thriller video, filed a breach of contract lawsuit in Los Angeles Superior Court just days before Broadway producers announced this week they had bought the rights to adapt the video for the stage.

The 14-minute Thriller video, featuring dancing zombies and Jackson himself, was first aired in 1983 and remains one of the most influential music videos worldwide. Landis also made a documentary about the making of the Thriller video. **REUTERS**



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MTV's The City renewed
Despite less than stellar ratings, Whitney Port's MTV reality show, The City, has been renewed, according to The Hollywood Reporter. METRO NEWS SERVICES

Oprah, pound for pound

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

FAT LIKE ME: Like NASCAR, Heroes and MTV "reality" shows like The Hills and The City, Oprah Winfrey is more interesting to write about than actually watch. This would explain the massive essay on Oprah's latest crisis of self-image published this week in the New York Post.

At 2,173 words — the equivalent of a John Dos Passos novel in the cramped spaces of a modern tabloid newspaper — it sums up the cycle of binge and purge, both physical and emotional, throughout Oprah's career, and its centrality to the phenomenon of what writer Maureen Callahan quite accurately calls "America's most prominent secular spiritual leader," albeit one who, earlier this month, aired a confessional episode of her daytime talk show expressing her mortification that she'd ballooned back to over 200 lbs.

Callahan interprets Oprah's crisis as a metaphor for America's economic crisis — "A nation that spends more money than it has may face a depression, much in the way that a person who consumes more calories than she expends might, too," she writes — but this sociological party trick is getting a little tired by now.

Callahan wonders aloud whether Oprah's success comes more from moulding the culture to reflect herself or from being the quickest to react to its nascent trends. And while there's nothing trailblazing about being an overweight American, there are few people who can enlist a support group as influential — or unusual — as Oprah's.

Jennifer Harris, the author of The Oprah Phenomenon, wonders that she's "always said that you can't depend on others for your happiness, not letting others define you … Meanwhile she's surrounded by all these people telling her she needs to control her authentic self, as if it's an unruly child." Callahan goes on to describe "the soldiers in Oprah's army of self-help: Dr. Phil McGraw, overweight author of diet books and unlicensed TV therapist; Eckhart Tolle, who speaks of the 'pain body' and charges $40-$150 a pop for lecture tickets … and Marianne Williamson, who had as a mentor a spirit named 'Seth,' channeled via a psychic."

The good news is that, if you're moved to explore this further, a book has recently been published — Oprah Winfrey And The Glamour Of Misery, by "Oprah scholar" Eva Illouz — and that hatchet-job biographer Kitty Kelley has a book on Oprah coming out next year, which promises to bring the sordid big time.

Like a baseball stats book, these books are products of an ancillary industry that makes actually consuming a game or a show entirely beside the point.

Rick McGinnis writes about music, movies, books and television, but not opera.

Lee, Perry among NAACP nominees

NOMINATIONS Spike Lee and Tyler Perry are among the nominees for this year's NAACP Image Awards.

The civil rights organization on Tuesday announced its entertainment award nominations in three directing categories.

In addition to Lee (Miracle of St. Anna) and Perry (The Family That Preys), the motion picture directors nominated are Darnell Martin (Cadillac Records), Gina Prince Bythewood (The Secret Life of Bees) and Patrik Ian Polk (Noah's Arc: Jumping the Broom).

The winner will be announced at the 40th NAACP Image Awards on Feb. 12.

In the TV comedy series category, the nominees are Ali LeRoi for the Everybody Hates the Port Authority episode of Everybody Hates Chris; Ken Whittingham for the Seth Green Day episode of Entourage; Kevin Sullivan for the MILF Island episode of 30 Rock; Tracee Ellis Ross for the What's Black-A-Lackin episode of Girlfriends and Victor Nelli, Jr. for the Crush'd episode of Ugly Betty.

Nominated for directing dramatic series episodes are Anthony Hemingway, Heroes — Chapter Five: Angels and Monsters; Eriq LaSalle, Law & Order: SVU — PTSD; Ernest Dickerson, Lincoln Heights — The Day Before Tomorrow; Paris Barclay, In Treatment — Alex-Week 8 and Seth Mann, The Wire — The Dickensian Aspect. REUTERS

Entertainment in brief

PILOTS ABC on Tuesday greenlighted three drama pilots, including one executive produced by Grey's Anatomy creator/exec producer Shonda Rhimes. That project, Inside the Box, was joined on the pilot roster by I, Claudia and an untitled project based on the Argentine drama Brothers & Detectives. REUTERS

Slumdog protest gone to dogs

ACTIVIST A critic of the award-winning movie Slumdog Millionaire has named stray dogs after those involved in the film to protest against the title. Nicholas Almeida, a social activist and slum dweller himself, has filed a complaint in a local court against director Danny Boyle, producer Christian Colson and the distributor, saying the film's title was damaging and discriminating. "When the British ruled India, they called Indians 'dogs'. Why do we want to call these poor children 'dogs' 60 years after we got independence?" said Almeida. REUTERS

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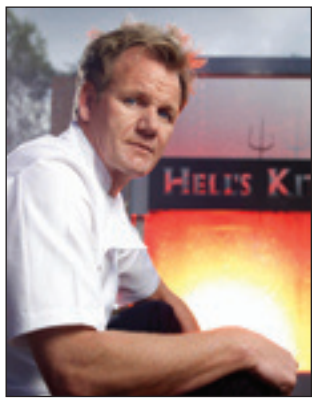
VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 1/29/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone Battle for the Arctic.		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Name Is Earl	Kath & Kim	Shock to the System ★★ (2006, Mystery) Chad Allen. (CC)		News (N)		
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	American Idol (N) (CC)		CSI: Crime Scene Invstgtn.		(:01) ER "Heal Thyself" (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Smallville "Power" (N) (CC)		Supernatural (N) (CC)		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones "Fire in the Ice" (CC)		The Office	The Office	The Unit "Dancing Lessons"		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Law & Order: Criminal Intent		Eleventh Hour "Eternal" (N)		(:02) Private Practice (N)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty (CC)		30 Rock	30 Rock	Hell's Kitchen (CC)		EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Power" (N) (CC)		Supernatural (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Criminal Minds (CC)		CSI: Crime Scene Invstgtn.		(:01) Eleventh Hour "Eternal"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	Kath & Kim	The Office	(:31) 30 Rock	(:01) ER "Heal Thyself" (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	House	Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (CC)		Grey's Anatomy "Rise Up"		(:02) Private Practice (N)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Threesome ★★★ (1994) Lara Flynn Boyle, Stephen Baldwin.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Field Guide	Doc Martin "Sh ... t Happens"		Poirot (CC)		Globe Trekker "Venezuela"		Spain
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol (N) (CC)		Hell's Kitchen (CC)		News (N) (CC)		Family Guy
	-	364	43 PBS	The Human Face "Fame"		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Yankee Shop
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Skin Secrets
	298	653	65 TLA	Two/Half Men	Two/Half Men	Smallville "Power" (N) (CC)		Supernatural (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News	NHL Hockey Chicago Blackhawks at Los Angeles Kings. (Live) (CC)					Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Will & Grace
news	502	390	26 NW	Doc Zone: Fidel Castro		CBC News: The National (N)		CBC News: The National		Doc Zone: Fidel Castro		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Best Damn Sports Show		Hockey	Canucks TV	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre	That's Hockey	SportsCentre	In This Corner	Motoring 2009	Strongman	Winter X-Games Classix (N)		SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker (CC)		Bounty Hunter	Bounty Hunter	Survivorman
	410	403	54 SCR	Basketball	NBA Basketball San Antonio Spurs at Phoenix Suns. (Subject to Blackout)					Final Score	Final Score	Final Score
	417	406	55 SC	Wrecked	Wrecked	NASCAR Pre.	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked
	416	409	144 GLF	Train Like-Pro	Extra Time	Gol TV News	Extra Time	Soccer Cam	Gol TV News	Gol TV News	Extra Time	Gol TV News
family	552	543	25 YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Adrenaline	Prank Patrol	Falcon Beach "The Spins"		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Misadventures	Futurama	The Critic	Chicken	Undergrads
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	e2 (N) (CC)	Michael Palin's New Europe		Adventures in Architecture		Vertical City	e2 (CC)	Dyslexia
	575	583	20 CMT	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Punk'd (CC)	Punk'd (CC)	Video on Trial	Video on Trial	Punk'd (CC)	Punk'd (CC)	Video on Trial	Video on Trial	Spotlight
	600	564	29 H&G	Home to Flip	Real Renos	Holmes on Homes (CC)		The Fix (CC)	Disaster DIY	Home to Flip	Real Renos	Holmes
	615	520	31 A&E	The Beast "Nadia" (N) (CC)		The Beast "Nadia" (CC)		The First 48 Cabdriver. (CC)		The First 48 (CC)		The Beast
	628	584	32 SPKE	(6:00) TNA iMPACT! (N) (CC)		CSI: NY "Love Run Cold"		UFC	UFC	UFC	MANswers	Disorderly
	521	560	34 TLC	Man Whose Arms Exploded		Saw for Hire	Saw for Hire	Man Whose Arms Exploded		Overhaulin' (CC)		Motorcycle
	616	522	39 SHO	The Outer Limits (CC)		Love-Death	Love-Death	Trailer Park	Trailer Park	Beerfest ★★ (2006) Jay Chandrasekhar. (CC)		
	620	523	40 BVO	(6:00) Eighteen (2004, Drama)		Law & Order (CC)		Without a Trace (CC)		I Like It Like That ★★★ (1994) (CC)		
	601	562	41 SLC	The Biggest Loser (CC)		ET Canada	Matchmaker	The Biggest Loser (CC)		Trading Spouses		Biggest Loser
	520	505	42 DIS	MythBusters Sayings. (CC)		Daily Planet (CC)		Deadliest Catch		Apocalypse How End of the world. (CC)		
	522	506	44 HIS	NCIS "Dead Man Walking"		Lost Worlds Atlantis. (CC)		Deep Wreck Mysteries (CC)		NCIS "Dead Man Walking"		Ancestors
	627	528	45 SPC	Ghost Hunters International		Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager "Elogium"		Star Trek: Ent.
	294	650	47 TBS	Save the Last Dance ★★★ (2001) Julia Stiles. (CC)				Sex and-City	Sex and-City	(:10) A Time to Kill ★★★ (1996) (PA) (CC)		
	619	525	48 TROP	Make	Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Family	Glutton	Ace of Cakes	Ace of Cakes	Challenge Chocolate art.		Unwrapped	Secret Life of	Family
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Gong Show	Daily Show
	320	621	60 CEN	(6:25) Breakfast With Scot		The Last Winter ★★★ (2006) Ron Perlman.			(:40) Norbit ★ (2007) Eddie Murphy, Thandie Newton. (CC)			
	581	566	101 MTV	Bromance (CC)		MTV Live	After	Next (CC)	Mom & Dad	Bromance (CC)		MTV Live
	261	394	102 V	(6:00) Conrack ★★★ (1974)		Poltergeist: The Legacy		Conrack ★★★ (1974, Docudrama) Jon Voight, Paul Winfield.				Paid Program
	-	-	109 MUL	Matchmaker	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Desi-Mama	Desi Rhythms	Patrol World

critics' corner

Hell's Kitchen
Sharp-tongued chef Gordon Ramsay slices and dices another batch of contestants in a new season of the restaurant reality series. All the competitors love to cook, but the one who wins a chance to run his or her own eatery will be the one who can stand being repeatedly raked over the coals by the inimitable Ramsay. They don't call this show "Hell's Kitchen" for nothing. 9 PM on FOX



CSI: Crime Scene Investigation
It's not one of their own, exactly, but the victim in this case was in law enforcement, making it especially bitter for Langston (Laurence Fishburne) and the team. An FBI agent is murdered while working under cover, and the CSIs are called in to help the dead agent's partner track down the killer. Marg Helgenberger, George Eads, Paul Guilfoyle and Eric Szmanda also star in the new episode "Disarmed & Dangerous." 9 PM on CBS CTV

Hannigan's food flip
After getting pregnant, Alyson Hannigan says she quit being vegan. "I basically went from being a vegan to ... now it's meat and cheese — and ginger ale," she told usmagazine.com. METRO NEWS SERVICES

Celebrity Buzz

Abdul pulls another diva act on Idol

PEOPLE Paula Abdul's wacky antics returned on Tuesday's American Idol episode, usmagazine.com reports.

Miffed because the other three judges didn't ask her what she thought of 19-year-old contestant Julissa Veloz, Abdul walked out of an audition in Jacksonville, Fla.

Simon Cowell and new judge Kara DioGuardi had just offered their critiques when Abdul interrupted, "OK, I guess my opinion doesn't matter. It's so funny because there's four judges ... sometimes we forget there's a fourth opinion in this room." She then walked off.

The contestant then followed Abdul and begged her to come back out.

After some prodding, Abdul returned and voted Yes on sending Julissa to Hollywood.

METRO NEWS SERVICES

Jolie still friendly with ex hubby

RELATIONSHIP Angelina Jolie certainly seems to have mastered the stay-friends-with-your-ex technique, intouchweekly.com reports. Her second husband Billy Bob Thornton recently said that he'd love to work with his ex-wife again. "I'd like to do another movie with Angie, too, one of these days."

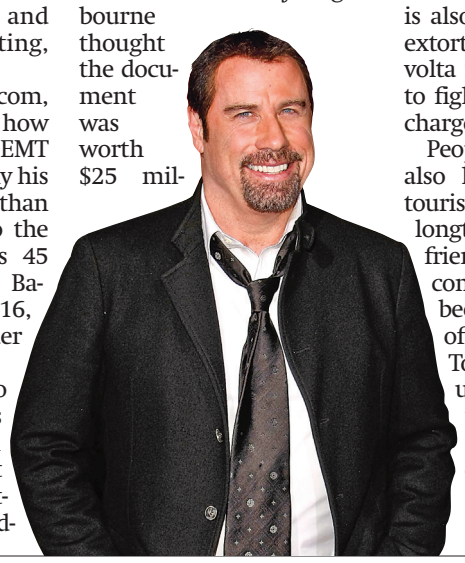
METRO NEWS SERVICES

Paper key in Travolta extortion case: Reports

DOCUMENT The item at the centre of the John Travolta extortion case: A "refusal to transport" document, RadarOnline.com and TMZ.com are reporting, people.com reports.

According to TMZ.com, the document detailed how "John Travolta told EMT workers he wanted to fly his son to Florida rather than drive by ambulance to the hospital ... which was 45 minutes away" in the Bahamas, where Jett, 16, died of a seizure disorder Jan. 2.

Paramedic Tarino Lightbourne was charged Monday with conspiracy to commit extortion and attempted extortion for allegedly demanding $25 million US to keep the document private. (As TMZ points out, it is unclear why Lightbourne thought the document was worth $25 million, as it was irrelevant to Jett's death.)



Former Bahamian senator Pleasant Bridgewater, who is also accused of trying to extort money from the Travolta family, said she plans to fight "untrue and unfair charges" against her.

People.com reports police also had detained former tourism minister — and longtime Travolta family friend — Obie Wilchcombe, but he "has not been charged," Minister of National Security Tommy Turnquest told usmagazine.com. "He was not arrested; he was questioned on Friday."

METRO NEWS SERVICES

Phoenix's rap act a hoax?

PEOPLE Joaquin Phoenix told the world he's quitting acting. Then he took to the stage in Vegas on Jan. 16 to debut his new career as a rapper. But people.com is wondering if it is all an elaborate hoax.

That's what Entertainment Weekly is also reporting. Sources tell the magazine's Hollywood Insider blog that Phoenix's bizarre career change, which Casey Affleck (who's married to Phoenix's sister Summer) has been filming, is a joke at the expense of the entertainment media and actors who take themselves too seriously.

"He said, 'It's a put-on. I'm going to pretend to have a meltdown and change careers, and Casey is going to film it,'" says one source who recently worked with Phoenix.

Like Andy Kaufman before him — or maybe even Sacha Baron Cohen — Phoenix isn't expected to break character anytime soon, EW reports: "It's an art project for him," says a source. "He's going full out. He probably has told his reps that he's quit acting. Joaquin is very smart."

METRO NEWS SERVICES

Mom scared when Miley goes driving

PEOPLE Miley Cyrus' mother is a "nervous wreck" when her daughter drives, femalefirst.co.uk reports.

The Hannah Montana star recently passed her driving test, but admits her mom Leticia Finley is still scared to get in a vehicle if she is behind the wheel.

She said: "I'm a good driver but I make my mum a nervous wreck, which makes me nervous."

The 16-year-old star insists she can handle her car and is determined not to let her mother's anxiety get to her.

She said: "I love driving, and I'm pretty good at it — I really am!"

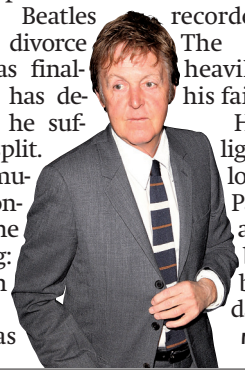
Cyrus drives a Porsche, but it was recently reported she hates being seen in the luxury motor as it used to belong to her mom. Explaining she would have preferred a brand new model, Miley said: "I do have a car. I took my mom's old car. I didn't get the one I wanted, but I got the old car which wasn't so bad because it was a Porsche. I suppose it was a pretty good hand-me-down."

METRO NEWS SERVICES

Macca landed in 'dark place' after divorce

PEOPLE Paul McCartney has revealed his bitter divorce from Heather Mills took him to a "dark place," femalefirst.co.uk reports.

The former Beatles singer — whose divorce from Heather was finalized last year — has described the pain he suffered during the split.



The 66-year-old musician gave an honest account of the separation, saying: "I've been through a dark place."

Paul — who has been dating U.S. heiress Nancy Shevell, 49, since November 2007 — explained his latest album Electronic Arguments, recorded as part of duo The Fireman, was heavily influenced by his failed marriage.

He said: "Love and light is mentioned a lot on the album. Parts of it are dark and edgy. It could be because I've been through a dark place."

METRO NEWS SERVICES

Prince Harry lost love to distance, time

BREAKUP After five years of dating, what caused Prince Harry and girlfriend Chelsy Davy to finally call it quits last week? Those close to the prince believe time and distance may have pulled the 24-year-old royal and the Zimbabwean-born beauty apart, People magazine reports in its upcoming issue, on sale Friday.

Chelsy, 23, is set to graduate from Leeds University this spring and is homesick for Africa, while Harry seems more committed than ever to army life.

When they split was announced, a royal source told People the pair felt their relationship "had run its course."

Still, the news came as a shock to some of Harry's friends. "I don't see this as long-term," a friend says.

Another pal, however, believes it's for real. "It came right out of the blue," he tells People. "But I don't think if he was madly in love with her, he would have knocked it on the head. I think it is a case of, 'Let's call it a day; we had some fun.'"

METRO NEWS SERVICES

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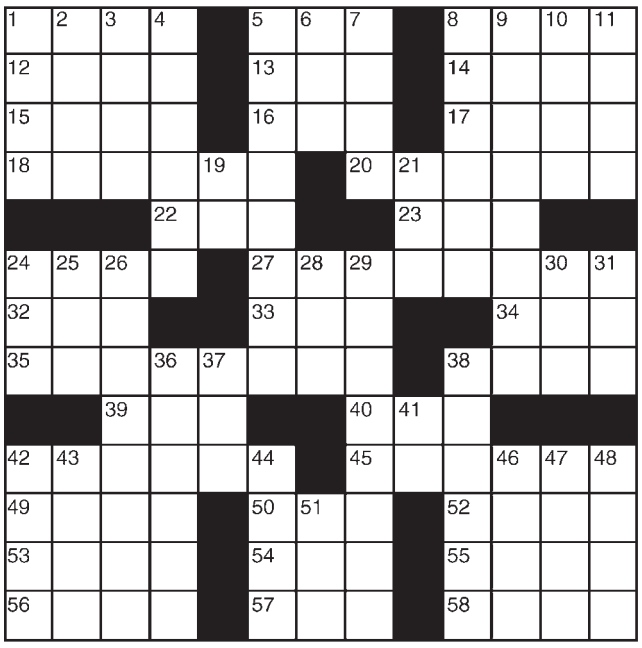
Take Five



Crossword across

1 Weaponry
5 "Roscoe"
8 Iolani Palace locale
12 Ayatollah's predecessor
13 Reproductive cells
14 Obnoxiously proper one
15 Gilpin of "Frasier"
16 Aviv lead-in
17 "— never work"
18 Jaundiced
20 Creepy —
22 Lennon's lady
23 Judge Lance
24 "That hurts!"
27 Administered
32 Dos Passos trilogy
33 "I told you so!"
34 Mauna —
35 Uncommunicative
38 Requests
39 Court
40 Knock ('em) dead
42 Disagreeing
45 Cantankerous
49 Big rig
50 Spring mo.
52 Hip bones
53 Tehran's country
54 Snitch
55 Void partner
56 Trig function
57 Blond shade
58 Mirth

Crossword down

1 Venomous vipers
2 Comic Caroline
3 Crumbly deposit
4 1862 battle site
5 Declined
6 "Hail, Caesar!"
7 Body powder
8 Narcotic
9 Museum pieces
10 Mound
11 Unattractive
19 Performing
21 Disencumber
24 "— Gang"
25 Work with
26 Gotham City villain
28 Still, in verse
29 After-taxes value
30 "A mouse!"
31 "— Kapital"
36 Cut aid
37 Massachusetts cape
38 Storefront canopy
41 On the other hand
42 Unrepaired
43 Garr or Hatcher
44 Poet Teasdale
46 Jewish month
47 Anger
48 Bulldogs' school
51 — de deux

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3	7				5	6	
			3		2			
9	2			7			4	1
		1	9		7	6		
5								9
		2	1		5	4		
8	7			2			3	6
			6		1			
	1	6				8	9	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

7	6	4	2	1	5	3	8	9
5	3	1	4	9	8	2	7	6
8	9	2	7	6	3	5	1	4
3	4	7	9	8	6	1	2	5
2	8	5	1	7	4	9	6	3
9	1	6	5	3	2	7	4	8
1	7	3	6	4	9	8	5	2
4	5	8	3	2	1	6	9	7
6	2	9	8	5	7	4	3	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Creole Veal Grillades

INGREDIENTS:
1 lb (500 g) boneless veal steak or pork tenderloin, 3/4 in (2 cm) thick and trimmed
1 tbsp (15 ml) vegetable oil
1 can (14 oz/392 g) low-sodium stewed tomatoes, undrained and cut up
1 medium yellow onion, sliced
2 yellow and/or green peppers, cut into thin strips
1 tbsp (15 ml) pickled jalapeno pepper, minced
2 cloves garlic, minced
1/2 tsp (2 ml) salt
1/8 tsp (0.5 ml) ground cayenne
3 cups (750 ml) low-sodium chicken broth
1 1/2 cup (375 ml) long-grain rice
4 medium-size scallions with tops, finely chopped
2 tbsp (25 ml) minced parsley

METHOD:
1. Cut veal into 8 pieces. Pound both sides until meat is 1/4 inch (0.5 cm) thick.
2. In nonstick skillet, heat oil over moderately high heat. Add 4 veal pieces and cook 1 to 2 minutes per side or until browned. Remove veal from skillet. Repeat with remaining meat.
3. Add tomatoes, onion, sweet peppers, jalapeno pepper, 1 garlic clove, 1/4 tsp (1 ml) salt, and ground red pepper to skillet and stir. Return meat to skillet. Bring to boil. Lower heat and simmer, covered, 20 minutes or until meat is tender.
4. Meanwhile, in medium-size pot, bring broth to boil. Stir in rice, scallions and remaining garlic and salt. Cover tightly, reduce heat to low and simmer 20 minutes, until water is absorbed. Remove from heat and let stand, lid on, 2 minutes. Fluff with fork.
5. To serve, arrange meat on rice. Spoon tomato mixture over meat and rice. Sprinkle with parsley.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Take directions when changing your plans. Don't deal with other people's garbage. Something will be said that causes extreme disapproval.

TAURUS
APRIL 21-MAY 21
A fiery debate makes you feel frisky. You'll get a thrill when reading someone's mind. Being with a compassionate person will be soothing.

GEMINI
MAY 22-JUNE 21
Be the hero of a surprising story. Getting involved in an injustice will give you problems. A stranger will be too funny for words.

CANCER
JUNE 22-JULY 22
A down-to-earth approach will work out well. A gloomy dilemma benefits you. A thrilling predicament creates a diversion.

LEO
JULY 23-AUG 23
A man has to change tactics. A scandalous deed looks like more fun than it is. Avoid further contact with an unrequited lover.

VIRGO
AUG 24-SEPT 22
A smiling man's erratic behaviour makes you lose focus. A suspicion is wrong because of misinformation. A traumatized person finds a way to escape.

LIBRA
SEPT 23-OCT 23
Co-operate with a weirdo after a warning speech. An anxious person will make a leap of faith. You are no longer responsible for a sticky situation.

SCORPIO
OCT 24-NOV 22
One of your friends will finally get some work done. An alcoholic's secrecy will disturb a loved one. Remarkable news will lead to grief.

SAGITTARIUS
NOV 23-DEC 21
A new love is magnificent. Talking with a freeloader gives you problems. Someone is listening carefully to everything you say.

CAPRICORN
DEC 22-JAN 20
A sweetheart's cruelty is driven by creativity. Lift friendship to a new plane by sticking to the facts. A painful suggestion causes resistance.

AQUARIUS
JAN 21-FEB 18
You'll be tough to beat in an argument. A smart person is interesting, but inhibiting. Somebody you love will get baffling news.

PISCES
FEB 19-MARCH 20
Fate looks kindly upon you. A disagreement results from a strange encounter. Someone's tedious rituals will displease you.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Vend hair mousse (1)
2. Be fond of "60 Minutes" man Wallace (1)
3. Mitty portrayer Danny's labyrinth (1)
4. Cleveland NFL team's gain attempts (1)
5. Sideshow oddity's runs of luck (1)
6. Letterman bandleader's thin cookies (2)
7. One speaking evil of one straightening rows (3)

ANSWERS
1. SELL GEL 2. LIKE MIKE 3. KAVES MAZE 4. BROWNS DOWNS
5. FREAKS STREAKS 6. SHAFFERS WAFERS 7. ALIGNER MALIGNER

1-29-09

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C7 - 20202 66th Ave.

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